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## Sizing Guidelines – Measuring for Proper Fit

1. Provide all measurements in inches.
2. If the measurements are in between sizes, order the next size up. For example, if the neck measures 15.75" you should order size 'large' in a short sleeve shirt or 16-16.5" in a long sleeve shirt.
3. For the best accuracy, you should have someone take your measurements instead of measuring yourself.
4. The measuring tape should be pulled snug, not tight.

**NECK:** Measurement is the circumference of the neck.

**SLEEVE LENGTH:** Measured by placing one end of the tape at the bottom of the collar at the centre of the back and marking the distance around the elbow to the bottom of the wrist. It is often helpful to have the arm slightly bent.

**WAIST:** Measurement is taken at the top of the hipbone over the shirt (not over the pants). Tape should be held snug, not tight.

**INSEAM:** Measurement is taken from the base of the crotch to the top of the shoe or boot.

**\*\*\* It is advisable to measure pants the way you would normally wear them. Not everyone wears their pants the same length or height on their hips.**

**CHEST SIZE:** Measurement is taken at the fullest point of the chest. Keep tape under arms and around the shoulder blades.

**SLEEVE LENGTH:** Measured by placing one end of the tape at the bottom of the collar, at the centre of the back, and marking the distance around the elbow to the outer edge of the wrist.

